

SHRIMP CONFETTI SALAD SANDWICH **WITH GRAPES**

Grapes are a natural balance to this sweet and savory shrimp salad. Enjoy as a sandwich or over lettuce.

Preparation time: 15 minutes

Serves: 4

INGREDIENTS:

- ½ lb frozen cooked cocktail shrimp (thawed, peeled, and deveined)
- 1 8-oz can yellow corn kernels, no salt added, drained
- 1 cup canned black beans, no
 2 tomatoes, thinly sliced salt added, drained and rinsed • 4 leaves Bibb lettuce or other
- 1 stalk celery, diced
- 2 tbsp chopped onion

- 2 tbsp reduced-fat mayonnaise
- ½ tsp salt-free Caribbean citrus seasoning
- 8 slices whole-grain bread
- leaf lettuce

DIRECTIONS:

- 1. Chop shrimp coarsely.
- 2. Mix together shrimp salad ingredients (everything except for the bread, tomato slices, and lettuce).
- 3. Divide salad evenly among 4 slices of bread; spread to edges of bread.
- 4. Top with tomato slices, lettuce, and second bread slice.

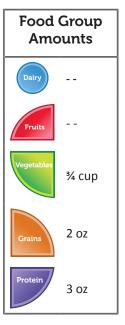
Serving Suggestions:

Serve with 8 oz glass of non-fat milk and a red grape cluster, about 3/4 cup.

Tips for selecting and storing grapes:

- Grapes are fully ripe when they arrive at the supermarket.
- Look for plump grapes with pliable green stems.
- Keep grapes unwashed and refrigerated in a plastic bag until ready to use, then rinse with cold water and serve, or add to recipes.





Nutrition Facts Serving Size 311 g			
Amount Per Serving			
Calories 330		Calories	from Fat 50
		%Dai	ily Value*
Total Fat 6g			9%
Saturated Fat 1	lg		5 %
Trans Fat 0g			
Cholesterol 115mg 38%			
Sodium 450mg 19 %			
Total Carbohydrate 43g 14%			
Dietary Fiber 8g 32%			
Sugars 7g			
Protein 27g			
Vitamin A 20% • Vitamin C 20%			
Calcium 15%			Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	-	80g
Sat Fat	Less than	•	25g
Cholesterol	Less than	•	
Sodium Total Carb	Less than	2,400mg 300a	2,400mg 375g
Dietary Fiber		25g	375g 30g

Recipe Submitted by Produce For Better Health Foundation



